

Chicken Burrito

Meal Components: Vegetable - Red / Orange, Vegetable - Beans / Peas, Grains, Meat / Meat Alternate

Main Dishes, D-64

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		1 qt 1 cup		2 qt 2 cups	1. Boil water.
Brown rice, long-grain, regular, dry	1 lb 9 oz	3 1/2 cups	3 lb 2 oz	1 qt 3 cups	2. Place 3 1/2 cups (1 lb 9 oz) brown rice in each steam table pan (12" x 10" x 2 1/2"). Pour boiling water (1 qt 1 cup per steam table pan) over brown rice. Stir. Cover pans tightly.
					3. Bake:
Fresh cilantro, finely diced		1/2 cup		1 cup	4. Remove cooked rice from oven and let stand covered for 5 minutes. Fold in cilantro. Set aside.
Frozen, cooked diced chicken, thawed, 1/2" pieces	3 lb 6 oz	3 qt 1 cup	6 lb 12 oz	1 gal 2 qt 2 cups	5. Combine chicken, beans, cheese, oregano, cumin, and salsa in a large bowl. Stir well.
Canned no-salt-added pinto beans, drained, rinsed	3 lb 4 oz	1 qt 2 cups	6 lb 8 oz	3 qt	
Or *Dry pinto beans, cooked (See Notes Section)	3 lb 4 oz	1 qt 2 cups	6 lb 8 oz	3 qt	

Ground oregano		1 tsp		2 tsp	
Ground cumin		1 1/2 tsp		1 Tbsp	
Canned low-sodium salsa	3 lb 10 oz	1 qt 2 1/2 cups	7 lb 4 oz	3 qt 1 cup	
Whole-grain tortillas, 8" (1.5 oz each)		50		100	

6. Assembly:

7. Using a No. 20 scoop (1/8 cup), spread rice on center of tortilla.

8. Using a No. 8 scoop (1/2 cup), place chicken mixture on top of rice.

9. Roll in the form of a burrito and seal.

10. Place burritos seam side down on steam table pan (12" x 20" x 2 1/2") lined with parchment paper.

11. Cover and bake:

12. Critical Control Point: Heat to 165 °F for at least 15 seconds.

13. Critical Control Point: Hold for hot service at 135 °F or higher.

14. Serve 1 burrito.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 burrito provides:

Legume as Meat Alternate: 2 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, and 2 oz equivalent grains.

OR

Legume as Vegetable: 1 1/2 oz equivalent meat/meat alternate, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, and 2 oz equivalent grains.

CACFP Crediting Information: 1 burrito provides:

Legume as Meat Alternate: 2 oz meat/meat alternate, 1/8 cup vegetable, and 2 grains/bread.

OR

Legume as Vegetable: 1 1/2 oz meat/meat alternate, 1/4 cup vegetable, and 2 grains/bread.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and

boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 41 °F or lower within 4 hours.

1 lb dry pinto beans = about 2 ½ cups dry or 5 ¼ cups cooked beans.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Dry pinto beans	1 lb 4 oz	2 lb 8 oz

Serving	Yield	Volume
	50 Servings: about 12 lb 4 oz	50 Servings: about 1 gallon 2 quarts / 2 steam table pans (12" x 20" x 2 1/2")
	100 Servings: about 24 lb 10 oz	100 Servings: about 3 gallons 2 cups / 4 steam table pans (12" x 20" x 2 1/2")

Nutrients Per Serving					
Calories	296.17	Saturated Fat	1.95 g	Iron	3.6 mg
Protein	18.83 g	Cholesterol	26.09 mg	Calcium	173.21 mg
Carbohydrate	41.88 g	Vitamin A	238.31 IU	Sodium	503.9 mg
Total Fat	5.77 g	Vitamin C	1.49 mg	Dietary Fiber	3.89 g